

SPEECH PRESENTATION & PANELIST INFO

SPEECH PRESENTATION DURATION

- **13 Minutes** (Minimum) allows 5 minutes of audience question opportunity
- **18 Minutes** (Maximum) excludes audience question opportunity

PANEL DISCUSSION DURATION

- **35-45 Minutes**
- Accompanying Video/Powerpoint Presentation Requirements:
 - **Deadline** is **Thursday, February 14th, 2019** to provide a digital copy of your complete presentation video or powerpoint, along with any special instructions/requests
 - **Deliver to** Antonio@5AMGlobal.com
 - **Delivery Method:** Google Drive, Dropbox, WeTransfer
 - It is highly recommended that you have a **back-up USB drive**

KEY TALKING POINTS AND TOPICS TO CONSIDER

WORK-LIFE BALANCE

Complete, Successful Life – Stay in charge of health and wealth concerns that effect work-life balance.

Leaders who properly allocate time for work and other aspects of life (romance, children, friends, hobbies, leisure, etc.) in their own lives model best behavior, and support loved ones and employees in their pursuit of work-life balance.



ONE IMPACTS ANOTHER

1. Keeping YOU and Relationships in the center
2. Achieving and maintaining happy and healthy work-life balance
3. Creating and implementing a company culture, focused on work-life balance for your employees
4. Securing the financial future of your family
5. Identifying and reducing stress factors in order to maintain healthy business and personal relationships while building, growing and protecting your wealth

SUMMIT TOPICS

- Effects of work-life balance and imbalance
- Identifying and managing stress factors
- Priority of personal relationships and professional commitment/responsibilities
- Role identity & expectations at work and other aspects of life
- Measurement of schedule flexibility, along with workload and complexity of work
- Fitness and nutritional habits for busy professionals
- Results and recovery from loss, trauma, injury
- Adjustment process during and after executive transitions
- Impact and relation of diversity and inclusion in work-life balance
- Use of latest technology to aid in work-life balance challenges
- Balancing philanthropy and business growth
- Financial education for self, family, and employees
- and more...